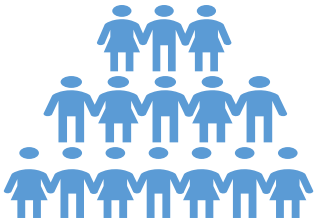


National Diabetes Month

Prediabetes is a serious condition that puts you at an increased risk for developing Type 2 diabetes, stroke, and heart disease. You can have prediabetes for years and not know because there are often no clear symptoms. Learn more about prediabetes and see if you are at risk.



96 million American adults have prediabetes.

More than 8 in 10 adults with prediabetes don't know they have it.



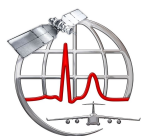
With prediabetes, your blood sugar levels are higher than normal, but not high enough to be diagnosed as Type 2 diabetes.

Risk factors include:

- Being overweight
- Being physically active less than 3 times a week
- History of gestational diabetes or giving birth to a baby >9 lbs.
- Having a parent, brother, or sister with Type 2 diabetes



African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.



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Check out the calendar on other side
to see what is going on this week



Keep Moving this Holiday Season!

If you are pre-diabetic, losing weight by eating healthy and being more active can help cut your risk of getting Type 2 diabetes in half.

Having a hard time sticking to a workout routine?

Here are 5 ways to keep moving this busy holiday season...

1. Wear comfortable shoes out so you can sneak in activity throughout the day, like finding a parking spot farther away, taking the stairs, or taking a few laps around the mall before you start shopping.¹
2. The holidays are a busy time for everyone, so fit in short bursts of activity rather than focusing on 30+ minutes at once. Short bursts of activity can include 30 seconds to 10 minutes multiple times each day.¹
3. High Intensity Interval Training (HIIT) is a great option if you're trying to get an intense workout in a short amount of time.²
4. Turkey Trot? Ugly sweater run? The holidays are filled with fun runs that are open to runners and those who prefer to walk instead. Invite family and friends to join you!
5. There are several free apps you can use to get a work out in anywhere, anytime. YouTube has free workouts you can do indoors if the weather isn't cooperating or when you're on-the-go while traveling.

1. Centers for Disease Control and Prevention. (2022). Prediabetes: Could it be You? Diabetes. <https://www.cdc.gov/diabetes/library/socialmedia/infographics/prediabetes.html>
2. University of Notre Dame, & Phillips, J. (2020). How to indulge and stay active during the holidays. NDWorks. <https://ndworks.nd.edu/news/how-to-stay-active-during-the-holidays/>
3. University of Nebraska-Lincoln. (2021). 9 Tips for Staying Active over the Winter Holidays. UNL Food. <https://food.unl.edu/article/family-fun-run/9-tips-staying-active-over-winter-holidays>



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Community Events

HERE'S WHAT'S GOING
ON WHERE YOU LIVE

Your Local Health
Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday